

My supervisory philosophy is informed by Robert Taibbi's Four-Stage Developmental Model of supervision published in the September/October 2007 issue of *Psychotherapy Networker*. In this model the first stage of supervision has the supervisor acting in the role of "teacher", providing a more "hands-on" approach to supervision by providing instruction while creating a safe environment for the supervisee to explore their work and reactions to their clients. The second stage of supervision within this model is "guide", at which time the supervisor helps the supervisee plod deeper issues and causes of their clients' experiences. The third stage is that of "gatekeeper", at which point the supervisor raises the awareness of any potential blind spots that the supervisee may have and continue to help to ensure that professional standards are met. The final stage in this model is that of "consulate for" where supervision takes on more of a case consultation format.

While I tend to work eclectically, the theoretical orientation of clinical supervision I base most of my work on is Relational. I am particularly influenced by the Relational Supervision Matrix created by Marie-Anne Chidiac, Sally Denham-Vaughan, and Lynda Osborne below:

	CLIENT	SUPERVISEE (THERAPIST/COACH, etc)	SUPERVISOR
SELF	<ul style="list-style-type: none"> <li>Focus on the client, their narrative, presenting issue and self support.</li> </ul> <p style="text-align: right;"><b>1</b></p>	<ul style="list-style-type: none"> <li>Focus on the supervisee, their experiences and self support.</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>Focus on the supervisor, their experiences and self support.</li> </ul> <p style="text-align: right;"><b>7</b></p>
OTHER (Relational field)	<ul style="list-style-type: none"> <li>Focus on client relationships (key relational supports in varying contexts).</li> <li>Focus on relationship of coaching client with organisation.</li> </ul> <p style="text-align: right;"><b>2</b></p>	<ul style="list-style-type: none"> <li>Focus on the relationship between the supervisee and client.</li> <li>Focus on strategies and interventions used by supervisee in their work.</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>Focus on supervisory relationship incl. Parallel processes, co-transference, etc.</li> </ul> <p style="text-align: right;"><b>8</b></p>
SITUATION (Wider relational context)	<ul style="list-style-type: none"> <li>Wider client field context and culture.</li> <li>Wider organisational context and culture (e.g. in coaching case).</li> </ul> <p style="text-align: right;"><b>3</b></p>	<ul style="list-style-type: none"> <li>Focus on supervisee and client field, incl. contracting, professional &amp; ethical codes, cultural and situational context.</li> <li>Focus on relationship of supervisee with client's organisation (if relevant).</li> </ul> <p style="text-align: right;"><b>6</b></p>	<ul style="list-style-type: none"> <li>Focus on supervisory field generally, incl. contracting, professional &amp; ethical codes, cultural and situational context.</li> <li>Focus on supervisor links with client context e.g. 3rd party contract (if applicable).</li> </ul> <p style="text-align: right;"><b>9</b></p>

Chidiac, M-A., Dunham-Vaughan, S. and Osborne, L. (2017) 'Supervision: Relational matrix model', *British Gestalt Journal*, 26 (2): 21-30.

In terms of experience, I obtained my Masters degree in Clinical Mental Health Counseling from Lesley University in 2002 and have been fully licensed as an LCPC in the state of Maine since 2014. I have experience working in multiple settings including crisis centers, college counseling centers, partial hospitalization programs, community mental health agencies, public middle and high schools as well as owning and operating my own private practice since 2007. During my career I have provided formal and informal supervision in both group and individual settings. I have also completed specialized training in clinical supervision.